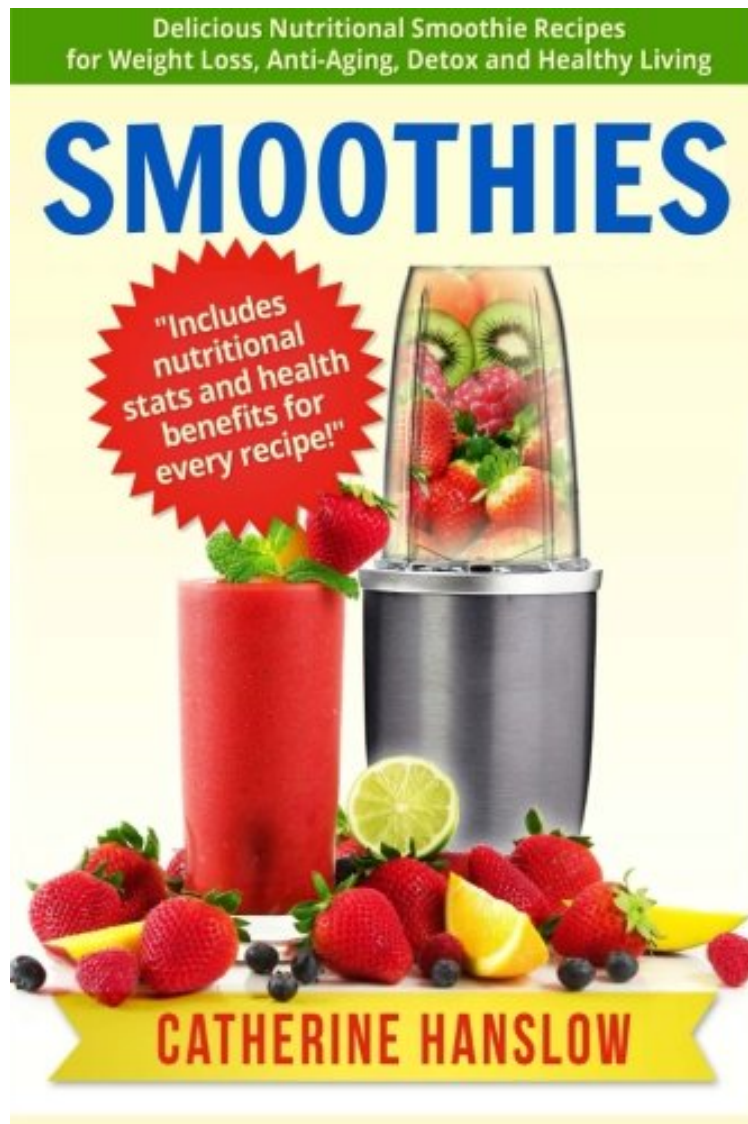


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Smoothies: Delicious Nutritional Smoothie Recipes for Weight Loss, Anti-Aging, Detox and Healthy Living

Catherine Hanslow

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smoothie recipesBy T.C.The book is fine and easy to read. Many recipes are high in calories, which is a problem with many smoothies. So it may not be as useful when it comes to losing weight or keeping an eye on your glucose numbers. However, if you love smoothies and are not worried about the calories (or dealing with blood sugar spikes like I am), please give this book a try.0 of 0 people found the following review helpful. Lots of good recipes.By Genell ReedI read the book cover to cover. Lots of good recipes. Lots of ideas to mix vegs/fruits I never thought of mixing.0 of 0 people found the following review helpful. otherwise lots of good recipes!By Bridget PillowNo pictures...otherwise lots of good recipes!

DISCOVER: How to make Delicious Nutritional Smoothies with your Blender Love healthy eating and delicious food? Need quick and easy recipes you can make every day? Want to try fun new smoothie recipes with your new blender that your kids will enjoy? All of these and more are covered in the book: Smoothies - Delicious Nutritional Smoothie Recipes for Weight Loss, Anti-Aging, Detox and Healthy Living. About Nutribullet - Delicious Nutritional Smoothie Recipes for Weight Loss, Anti-Aging, Detox and Healthy Living Bestselling author Cathernine Hanslow will show you how to make fantastic smoothies which your whole family will love. All the recipes are split into different categories depending on your own personal goals and tastes.Plus includes full nutritional states and health benefits for every recipe! This book is written for anyone who has a Nutribullet or similar blender and wants to be inspired with new smoothie recipes ideas to help with weight loss, anti-aging, detox and more. If you want to live a healthier and more active life whilst enjoying plenty of fresh fruits and vegetables then download Smoothies - Delicious Nutritional Smoothie Recipes for Weight Loss, Anti-Aging, Detox and Healthy Living today. Why You Should Check Out Smoothies - Delicious Nutritional Smoothie Recipes for Weight Loss, Anti-Aging, Detox and Healthy Living This book will be perfect if you want to: Lose weight quickly and easily Make quick but healthy foods Follow a Vegetarian or Vegan Diet Live a healthier lifestyle of detoxing and healthy eating Know exactly what nutrients and minerals go into every recipe How can you achieve all this? If you and your family have the desire to lead a healthy and active lifestyle - then you should check out Smoothies - Delicious Nutritional Smoothie Recipes for Weight Loss, Anti-Aging, Detox and Healthy Living. Take action now! Pick up your copy today by clicking the Buy Now button at the top of this page